



Welcomes

Dr. Jeanne Roll

Eastern Shore Rural Health System, Inc.

“Tools for Your Health”

Brown Bag Luncheon

When: Wednesday, December 15, 2004

Time: 11:30 am – 12:30 pm

Williamsburg Room - Bldg. E2

Do you find you never have enough time with your Dr. to ask a question that isn't related to why you're in her office? Here's that chance –

You can ask the Dr. any questions on health issues, below are some surveyed questions we submitted for the Dr. to address.



*Doctor I just have
so many questions
-where should I
start.....*

- Bone loss can lead to osteoporosis, but isn't there a new drug that builds bone?
- Fats can clog arteries, raise the risk of diabetes, and contribute to obesity, but aren't there so-called "healthy" fats that can boost health and help in losing weight?
- Overexposure to the sun can cause skin cancer, but isn't it true that some exposure to sunlight can help strengthen bones?
- Memory loss is part of aging, but what are symptoms of dementia, specifically Alzheimer's disease? Can older people improve their memory using "semantic elaboration exercises"? What are these exercises?
- Why would anyone want or need a heart scan? Is it a preventative measure?
- Are there new breast cancer drugs that work?
- What does it mean to feel faint in a stuffy room or after eating or coughing?
- We all need exercise, but what is the right amount? Is strength training of more importance for post-menopausal women than running, for example?
- Do we really need to drink 8-10 glasses of water a day, or do other fluids, such as coffee and tea, count towards the water intake?
- How do you treat tinnitus?

For more information contact M. Barnhill at x1641